

Free Diabetes Workshop

The Delaware Diabetes Self-Management Program

Howard Weston Senior Center ~ Manor Park

1 Bassett Ave

New Castle, DE 19720

January 10 - February 14, 2023

Tuesdays from 12:30pm to 3:00pm

(1/10, 1/17, 1/24, 1/31, 2/7 & 2/14)

More knowledge about managing diabetes can:

- Help you prevent and/or delay health complications
- Improve your hemoglobin A1C (average blood sugar reading)
- Help you make better food choices and lose weight
- Help you better control your glucose levels through exercise and stress management
- Help you communicate better with your health care providers

Sign up for free classes!



DELAWARE HEALTH AND SOCIAL SERVICES
Division of Public Health
Health Promotion and Disease Prevention

Register online at www.HealthyDelaware.org/SelfManagement

For questions or help with registration call

Self-Management Programs at 302-990-0522 or email us at

DPHSMP@Delaware.gov



WESTON WANDERERS GET READY!!

DAY TRIPS 2022

American Music Theatre Christmas Show: Home for the Holidays - Tuesday, December 6, 2022

Cost: \$145.00 pp. Includes- Motorcoach Transportation, "Home for The Holidays" Show, Lunch at Hershey Farms. WAIT LIST ONLY!

2023

Sandy & Vicki have been working hard putting together Trips for 2023.

- ⇒ CASTLES OF NEW YORK– May 1-5, 2023. Cost- \$895.00 per person/double. Single-\$1,195
Flyers will be available soon.
- ⇒ WILDWOOD DO WOP– June 4-7, 2023. Cost- \$575.00 per person/double. Single- \$715.00
Flyer will be available soon.
- ⇒ MACKINAW ISLAND, MI– September 25-30, 2023. Cost- \$945.00 per person/double. Single- \$1,290.00

Day trips schedule will be available in the next newsletter.

*****SIGN UP AS SOON AS POSSIBLE SO WE AREN'T FORCED TO CANCEL TRIPS.*****

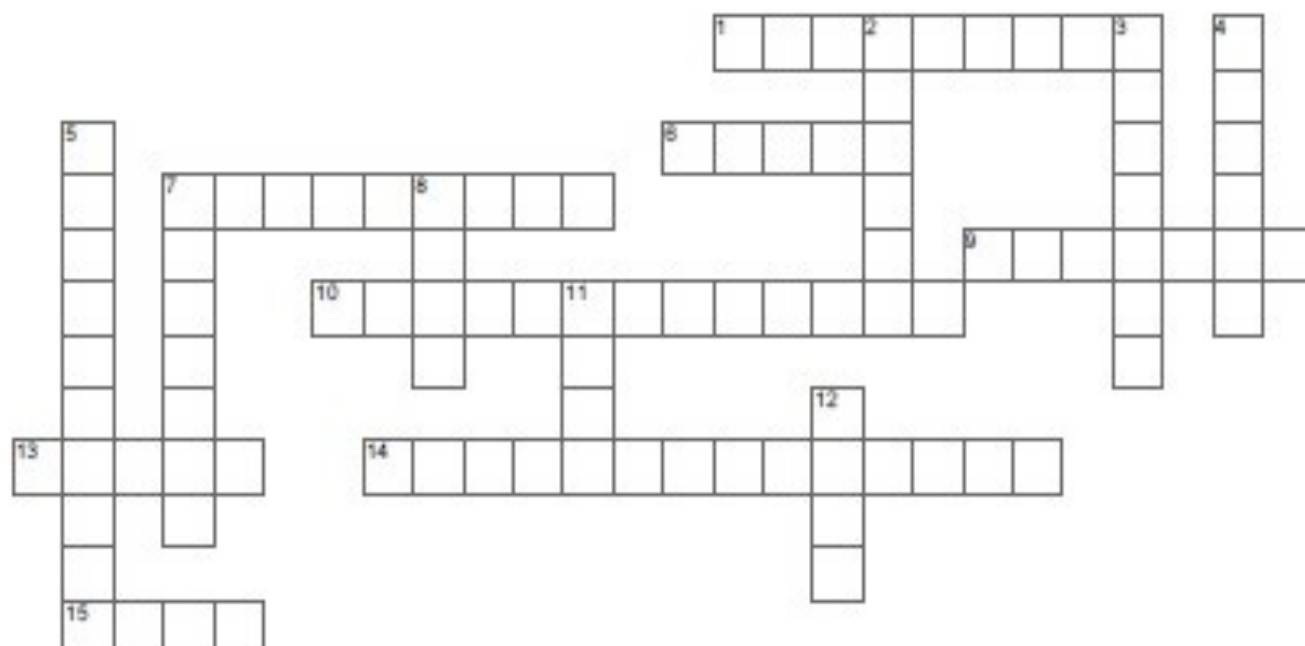
To better understand the way trips work: The Center must submit payment to the tour companies in advance to book our trips. This is why payment is required ahead of time. When travelling with the center, please be sure to carry your identification and insurance cards with you. The information on these cards will prove invaluable in case of emergency.

- ♦ **We will enforce a sign-up deadline for all trips.** If we do not have sufficient travelers by said date, the trip will be cancelled. The center is required to pay deposits on most trips. In order to get our deposit back, we must cancel by a date set by the travel company or the venue.
- ♦ We will no longer hold seats on trips. A 50% down payment must be presented at the time of sign up for any DAY TRIPS.
- ♦ For extended trips, a deposit must be paid. In addition, when balance due dates are posted, it means the center must pay for the trip in full. We, therefore, must have all trips paid in full by the balance due date. Thank you for your cooperation.
- ♦ Weston trips are open to the public.
- ♦ All emergency forms must be on file prior to departure.
- ♦ For all trips involving a casino you must be 21 or older.
- ♦ We will board the bus in the order in which you signed up. So sign up early!
- ♦ Front of the bus! If you have a legitimate reason to sit in the front of the bus, please let us know when you sign up for a trip. We will make every effort to accommodate your needs.
- ♦ Seat partners! If you want to sit with a friend on the bus, please let us know when you sign up for a trip. Again, we will make every effort to accommodate your requests.

Name: _____

Date: _____

Christmas Crossword



ACROSS

1. You can fill it with small toys, candy, fruit or coins.
6. A popular Christmas color.
7. A hard candy with stripes.
9. Santa Claus comes through it.
10. People have it in their home and like to decorate it.
13. Santa's helpers.
14. Used to count the days of Advent in anticipation of Christmas.
15. It's cold and white.

DOWN

2. Light made of wax.
3. It looks like a man made of snow.
4. In what season is Christmas Day?
5. He brings children their presents on Christmas day.
7. Homemade and cut into various shapes related to Christmas.
8. Sent by mail as an expression of goodwill at Christmastime.
11. Santa Claus is coming to...
12. On January 1st we say "Happy New"

WINTER
CHIMNEY
SANTA CLAUS
STOCKINGS

CANDLE
CHRISTMAS TREE
SNOWMAN
CARD

ELVES
SNOW
ADVENT CALENDAR
CANDY CANE

COOKIES
TOWN
YEAR
GREEN

